

Fitness Challenges

50km in under 4 hours
10km run with every 1.5km doing 100 pushups for under 1hr30mins
1.5 km in under 6 mins
5km in under 24 minutes
50 chin ups in a row
200 push ups in a row
2000 crunches in a row
500 squats in a row
2000 squats in a day
100 burpees in under 4 mins 30 seconds
Nickels and dimes for one hour: 5 chin ups, 10 push ups
5000 push ups in under 1 hour
5000 crunches in under 1 hour
1000 chin ups in under 1 hour
315 lbs bench press for 5 reps
225 lbs overhead press for 5 reps
405 lbs squat for 5 reps
>500 lbs deadlift for 5 reps
150 lbs barbell curl for 5 reps
80 mile ruck with 60 lbs with 20 L jerry can in under 10 hours
5 one handed chin ups with 45 lbs
run a half marathon every day for a week keeping sleep at 2-4 hours or less and calories under 500 daily

* These are based upon standards I achieved already

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